A Journal Devoted to Healthful Living

HEALTH

ESTD. JAN. 1923

Edited by Dr. U. Rama Rau & U Krishna Rau M.B.B.S

Annual Subscription: Rs. 2. Foreign—Rs. 3. Post paid.

Editorial and Publishing Offices:—

323, Thambu Chetty Street, George Town, Madras.

Vol. XVII.	NOVEMBER, 1939.	No. 11.

Editorial

Tuberculosis and its Prevention

TUBERCULOSIS is a scourge prevalent all over the world and perhaps, on account of its debilitating and devastating influence, it has been given and, rightly given, the appellation, "The White Plague." It is a disease, chiefly of cities and civilization. Of cities, because of overcrowding and lack of sufficient air, light and sunshine in homes and offices, firms and factories, and of civilization, because of the unnatural and artificial food that is consumed resulting in mal-nutrition and ill-nourishment and the unnecessary and redundant dress that is donned, leading to want of contact with outside air and light, purdah, to wit, making the soil congenial to the tubercle bacilli, the causative agents of this disease, to invade and occupy it as their permanent abode, without any kind of resistance from the landlord. Poverty and illiteracy are also other contributory causes.

The tubercle bacillus is a living organism that is too small to be seen by the naked eye. But by means of the microscope and by the use of certain dye stuffs to stain it, the organism is seen as a beaded rod. Almost all parts of the body are affected but by far, the commonest is the tuberculosis of the lungs. The symptoms of Tuberculosis are: (1) dry cough and phlegm, (2) fever, the temperature invariably rising in the evenings and almost coming down to normal in the mornings, (3) loss of weight, (4) breathlessness on exertion, (5) loss of appetite, (6) pain in the chest, (7) diarrhoea, when the infection spreads to the intestines, (8) lack of concentration,

(9) vomiting of blood etc. Diagnosis is not easy at the commencement of the disease and the difficulty is all the more felt when the patient goes about his business, as if there is nothing seriously wrong with him. The first symptom that startles him is perhaps the vomiting of blood and when he runs to the doctor with this complaint, a definite diagnosis of tuberculosis has been made.

Time was when tuberculosis was considered an incurable disease. But medical science to-day has made such rapid strides that cure is vouchsafed for tubercular patients, provided the treatment is begun early and persevered in. We are not, however, concerned here about the curative aspect of the disease as that is the domain of the medical profession. We have only to deal with the preventive side of the disease as, as the dictum goes 'an ounce of prevention is worth more than a pound of cure,'

The first question that arises is: How does the infection occur and spread from person to person? There are two means by which the tubercle bacillus is transferred from a sick person to a healthy individual. They are: (1) Dust infection, (2) Droplet infection.

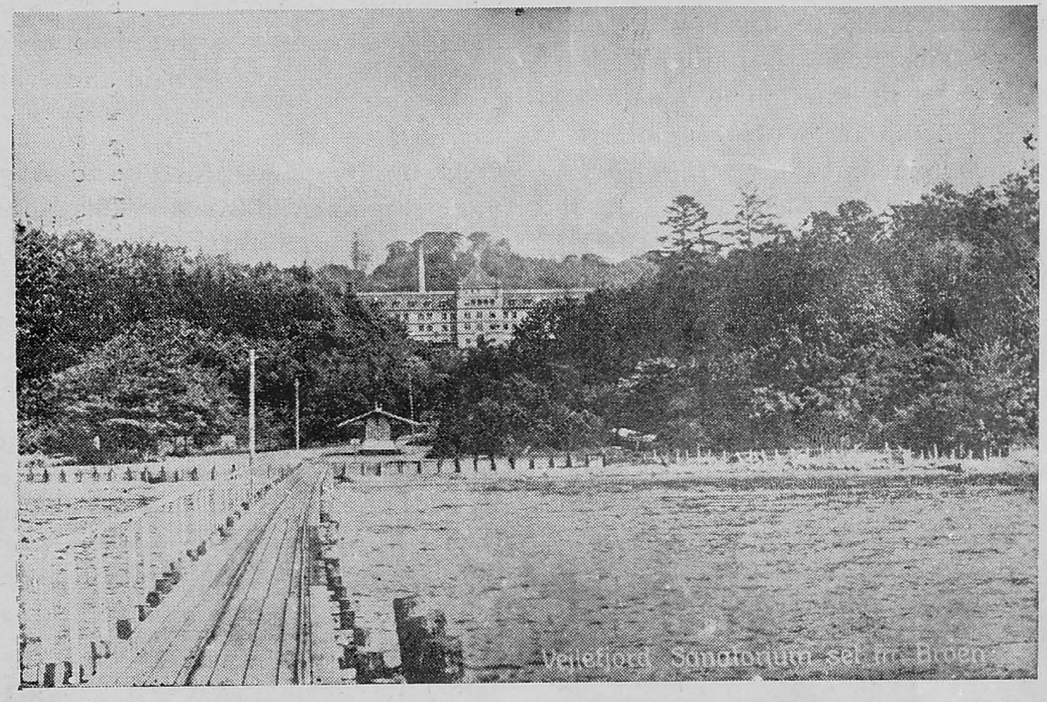
When we breathe in air, we also breathe in a lot of dust with it. This dust contains among other things, tubercle bacilli. How do these bacilli get mixed up with the dust in the air? The answer is very simple. An infected person going about his business, not knowing that he is infected, coughs and spits phlegm on the floor or on the wall. This phlegm gets dried up gradually and when it is completely dry, it gets blown off the wall or floor in the form of fine dust particles which contain some living tubercle bacilli. These bacilli enter the lungs of the healthy individual along with the air and there thrive and multiply. If the infected person has enough power of resistance, he overcomes the infection and comes out unscathed in the struggle. If, however, he is of poor physique, the invading bacilli pull him down and the individual is then down with the disease.

Secondly, we have the droplet infection. In the body, there are what are called the salivary glands which secrete saliva. This saliva contains also the living organisms in the lungs and throat and tubercle bacilli are no exception. When this bacilli-ridden saliva is spit or when an infected person sneezes and coughs, and another person, healthy and sound, happens to be in the range of this salivary zone, then he is bound to breathe in the air that has been thus polluted and catch the infection. Indiscriminate spitting on the road sides should be prevented. The tuberculous patient should be segregated in a well ventilated room in the house, and should be provided with spittoons containing a disinfectant for him to spit his saliva and phlegm. Healthy individuals should be prevented from having personal contact with the patient or with his utensils, etc.

As we have stated above, as soon as a person catches the infection, there is a regular tussle in the body between these organisms and the resisting power of the person. If the organisms win and the body resistance fails, then the person gets the disease. Thus, it will be seen that anybody with a strong body resistance will be able to combat the disease successfully.

Now what are the factors which go to weaken the body-resistance? They are (1) Mal-nutrition and under-feeding. (2) Lack of fresh air and sunlight. (3) Exhausting diseases. (4) Over-exertion. (5) Bodily exhaustion due to repeated pregnancies and child-birth.

1. **Mal-nutrition and under-feeding** are the potent causes of bodily weakness or, in other words, poor-resistance of the body to infection. Improve nutrition and you may safely assume that half the battle against tuberculosis is won. Dr. Muthu, the tuberculosis expert in India and the ardent protagonist of Sanatorium treatment has, in his recent speech at the Indian School of Medicine, Madras, stressed the question of nutrition more than anything else as the right solution for the problem of the eradication of Tuberculosis. The Indians, generally, lack a generous supply of what are called "protective foods", *i.e.* milk and milk products. By providing for the proper nutrition of the infants-in-arms, the toddlers and the school-children, an attack of tuberculosis can be averted, because they will have developed enough power of resistance to that disease. All employers of labour must provide for nutritious lunch for their employees at their respective work-places and not drive them to restaurants, and coffee-hotels where infection can easily be acquired. Provision of nutritious mid-day meals



VEJLEFJORD SANATORIUM SET FRA, BROEN.

A first class private Sanatorium and the most important of Danish Sanatoria. Dr. Johs. Gravesen, its Medical Superintendent, was at one time in the Madanapalle Sanatorium in South India.

The Sanatorium treatment of tuberculosis has been such a grand success in Denmark, that, to-day, that country claims the lowest death-rate in Europe.

to school children now adopted by the Madras Corporation is a step in the right direction.

2. Next to mal-nutrition, **lack of fresh air and sun-shine** is another serious cause of tuberculosis. Avoid over-crowding. Walk in the open, sleep in the open, ever remain in the open air. Avoid frequent visits to cinemas, theatres and the like. Factory workers are more liable to consumption than others, because they don't have enough space to move about and enough fresh air to breathe in. It is therefore incumbent on the Government to see that factories, offices and other work-places are properly ventilated. Tubercle bacilli do not thrive in the presence of sun-light. Therefore, sun-bath is a preventive measure of first rate importance.

3. **Exhausting diseases** such as Typhoid, Broncho-pneumonia, Measles etc., lessen the bodily power of resistance. Care should therefore be taken during the period of convalescence and after, to fortify the system by supplying enough nutrient material and cod-liver-oil will be of immense value in such conditions.

4. **Over-exertion:**—People in order to get rich quickly, over-work themselves with the result that they get debilitated early in life and contract diseases like tuberculosis. Recreation and relaxation are things not sufficiently appreciated by the Indians. Especially in private firms, employers extract more work than the system can bear and deny their employees the privilege of annual holidays for recuperating their health. They fail to understand that a healthy and contented staff is an asset to their concern. At least, the factories are governed by legislation, with regard to hours of work, wages, leave etc. The absence of such legislation with regard to private firms is a hardship which must be removed. More cases of tuberculosis can be traced to these employees who are ill-paid and overworked.

5. **Bodily exhaustion due to pregnancies and child-birth:**– This is the most potent cause of weakness among women and this weakness predisposes them to tuberculosis. Women during pregnancy and after child-birth should be given sufficient rest and nutriment. Otherwise, they will become an easy prey to tuberculosis. Frequent pregnancies at short intervals should be avoided. All the good work done by Maternity and Child Welfare centres would be reduced to nullity, if proper care of the mother and child is not taken during the post-natal period.

Briefly put, there are only five doctors who can effectively prevent tuberculosis. They are (1) Nutritious food. (2) Fresh air and Sun-light. (3) Cod-liver oil, (4) Rest and recreation and (5) Moderation in procreation, in fact, in everything.

Heed their advice, act up to it and you will certainly escape the horrors of this dire disease.

Blood Pressure and War of Nerves

By

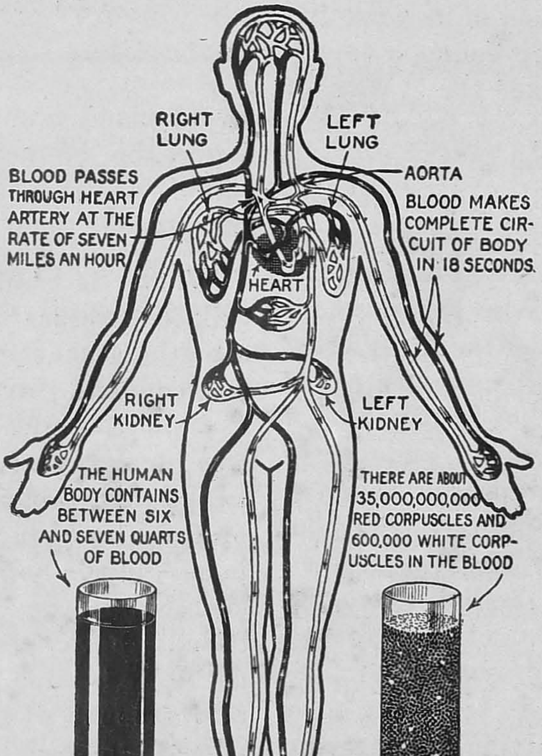
G. Raman Pillai, M.B., CH.B.,

TRIVANDRUM.

These are two insidious afflictions undermining modern society. 'Blood Pressure' is a disorder haunting middle age. It was recognised by the ancients who bled their patients. The stress and strain of modern life have made it more common among us, very much like the 'War of Nerves', that has been forced upon us, from the sustained threats and challenges of over five years, culminating in a delirium of maniacal aggression, staking civilization in the gamble for empire. Science is blamed for 'inventing' new modes of suffering and destruction. It has got to be realised that science is capable of remedying our physical and social distempers if we approach them in the right way. This is obvious because she has so far constructed much more than she has destroyed. Science, running amuck, has robbed us of our peace and our health, because of our failure to apply ourselves earnestly to rectifying the crying disharmonies of our civilisation by adjustment and the removal of the root causes of our troubles. If we can make ourselves germ-proof or immune to diseases, and our homes burglar-proof, what prevents society from being made gangster-proof? If science can be abused for offence, it can also be used for defence with as much efficiency. Abolish, or minimise the need for offence, and we shall advance far towards peace and health. 'Blood Pressure' and 'War of Nerves' are inflictions for which we are partly responsible, as they are avoidable by human organisation aiming at the common welfare of mankind. As these are preventables, 'why not prevent them?'

What is 'Blood Pressure'. — 'Blood Pressure' to the lay mind, is something undesirable, something to be sedulously avoided. Far from it. It is not a condition that we should treat by rushing to the chemist, and swallowing tabloids until our blood pressure is reduced to the vanishing point—in the hope of averting a fancied 'apoplexy' of which our kind friends have gratuitously informed us. Life is impossible without a certain amount of pressure in our blood vessels to enable that 'stream of life' to sustain a constant flow. It is the pressure or the head of water in a reservoir that urges the water to flow along channels for irrigating our fields of cultivation for the support of vegetable life. This pressure of the blood in the blood channels of our bodies should not be unduly low, when the flow is retarded and cell life depressed; nor should it be unduly high, when flooding and tearing up of organs result, and possibly death. This does not mean that the pressure should be rivetted at one fixed point, even if it were possible.

The elastic quality of our blood vessels permits of a latitude in the pressure within certain limits. It can be, and is, increased or diminished according to the demands in the organs for an increased or diminished supply of blood. Thus, our blood pressure is raised during mental or physical exertion, as also through the emotions of fear, anger, or pleasure. The impulses or messages to the blood vessels urging them to contract and so raise the internal pressure, originate from our nervous system, —that system having received stimuli or orders from, say, one of the organs of sense. Thus, a harrowing sight sends up our blood pressure. The more frequent the shocks we receive, the greater the chances of a permanent high pressure. And no tissue can sustain life for long in perpetual tension without periods of relaxation.



Is your blood stream properly balanced, as above? If so, you are one of the exceptions

NORMAL BLOOD CIRCULATION.

The Healthy Blood Pressure.—The blood pressure is accurately estimated by an instrument known as a 'manometer'—as we gauge the pressure within an inflated motor car tyre. So estimated, the figures derived are more or less constant for each age. Roughly, the normal pressure for an adult is obtained by adding to the figure 100 the number that is half one's age in years. Thus a man of fifty should have $100+\frac{50}{2}=125$ millimetres of pressure in health. It requires a doctor to estimate it with accuracy. During sleep, when vital activity is lowered for recuperation, the pressure is also lower than during the wakeful hours. One of the signs of a healthy pressure is that, after its being raised by exercise or function, it is re-established at the normal restful pressure in about five minutes; whereas with a diseased condition, the return to the resting pressure is delayed by twenty minutes or so. Doctors can test this by the feel of the pulse even without an instrument. The return to the normal pressure is quicker in the young than in the aged, as the blood vessels are fresher and more elastic in youth, and gradually less and less elastic in age. The doctor knows that "a man is as old as his arteries." As the older vessels are less adaptable to

high ranges of pressure, it is obvious that oldage cannot afford to play with its emotions with impunity. Unfortunately, this is often the age when irritability, gueruIousness, and the emotions of anger and fear are particularly prolific and difficult to control. Poor old Mrs. Gummidge was convinced that the world was going topsy-turvy, and that things always went by the "contrary"!

Certain signs of high blood pressure.—Middle age is suspect, especially if one is plethoric; but it need not necessarily be affected by it. Not everyone over thirty need fear high blood pressure, although disease of certain organs can raise it even at an earlier age. A high pressure does not require notice unless it tends to be frequent or permanent. Such vague signs as persistent headaches, buzzing in the ears, a thudding sensation over the temples, giddiness, heaviness in the head on rising, irritability, lack of concentration, early fatigue—these signs call for a doctor's consultation. It is for others to notice our abnormal or vexatious irritability, as we may consider it justified and necessary to correct an erring world! Many of these signs can also appear in simple indigestion that may clear up by a laxative and a fast. When frequently repeated, they point to a possibly diseased blood pressure or 'hypertension', Some of us dread to consult the doctor for fear of a disquieting verdict. But it is likely, that, after all, it might be only a fanciful fear that a consultation would settle. Besides, an early diagnosis gives us a timely warning to avoid the worse by a suitable regimen and mode of life. Everyone of us ought to record and watch his blood pressure periodically once it is noticed to be abnormal.

Neglect to notice the early signs may eventuate the more serious symptoms of heightened tension within the vessels. These symptoms are caused either by one of the vessels bursting, or by the heart itself failing to pump the blood against the opposing fluid under pressure in our arteries.

There may be visible bleeding from the nose or mouth; or there may be occult bleeding in some part of the brain, that produces a degree of paralysis of one or more limbs. When the heart is unequal to its pumping, there is breathlessness on exertion, or a sensation of faintness.. None of these signs should be neglected in the hope that it is only 'rheumatism' or a beneficial 'outflow of superflous, or, excess of blood.' A 'safety valve' may save life; but there is the danger that a weakened spot in a vital organ may open out before the 'valve'.

Prevention of high blood pressure.—The exact cause of this disorder is not known. But certain circumstances predispose to the tendency to high blood pressure. It is sometimes a family taint; and this is to be remedied by careful living for the sake of our children. Excess in eating and drinking is to be avoided, as also insufficient food and rest. Small meals, and a mainly vegetarian diet help to lower the tension. The disease is common also among vegetarians. As meat raises the pressure, it is to be restricted in most advanced cases; but in other cases, it is unwise to cut off meat altogether when the

heart calls for more proteid nourishment to overcome the enhanced arterial tension. Alcohol is best avoided, as it is an excitant, and can dissolve out internal poisons quickly and enter the circulation.

A potent cause, raising blood pressure, is the absorption of poisons from fermenting (because undigested) food in our food canal. One man can digest rice but not meat; while another digests meat but not rice or fat. The ideal diet, one that avoids excessive fermentation, is for each of us to plan from experience and the known principles of dietetics. Excess of fats and carbohydrates should be avoided to obviate digestive disorder. Indigestion and bad dreams raise the pressure when our sleep ought to be restful enough to relax the tension before the coming day. When fermentation exists as evidenced by flatulence and discomfort, the poisons should be swept out by laxatives, and constipation corrected by means of fruits, curds or the food-oils, or even by drugs. Faulty digestion owing to lack of the digestive juices is corrected by appropriate substitutes. A partial fast of a day during the week, with fruit juice and sugared water, perhaps also 'a day of silence' ensuring complete mental rest, are also helpful in keeping down pressure. If fasting leads to a reaction of unbridled feasting, then the fasting had better be omitted.

'War of Nerves'.—The strain of modern life with its perpetual anxieties and insecurity generally keep our nerves on the stretch with limited chances of relaxation and peace. Is the root cause of the strain economic, political, or ideological? A chronic state of nerve tension induces also a more or less permanent condition of pressure within our blood vessels. Long hours of work on inadequate diets, monotony, lack of necessary rest and even of any work at all, the slackening of our moral code, nerve-racking and exciting 'amusements', these make of life a phantasmagoria. Science is permitted to master man where she should be his hand-maid. The radio and modern propaganda often perplex us and rob us of our independent judgment.

Peace and Health.—The prevention of war psychosis is in the hands of statesmen. And doctors are asked to step in when the tragedy has happened, and the crippling and killing have been effected on millions of the healthiest of our race in record time. Doctors have no "Pills" to cure the disease.

> "We ply the dose for pains or purge,
> No pill for peace—without the urge."

Recipe for High Blood Pressure.

Here is a final piece of advice. Avoid emotional and nervous upsets as you would avoid the plague. Guard yourself against fits of anger, and avoid hurry, worry, impatience, and mental tension. Do not constantly irritate yourself and magnify the small difficulties and unpleasantnesses of your every-day life; for to do so will have a bad effect on your blood-pressure. Cultivate *calmness, peace,* and *repose.*

By following the above instructions you should be able to secure sufficient improvement to encourage you to continue living in such a way that the causes responsible for your high blood-pressure will be cleared away entirely, with the result that the pressure of the blood will return to normal, and *stay there.*—Dr. Stanley Lief in *Health for All.*

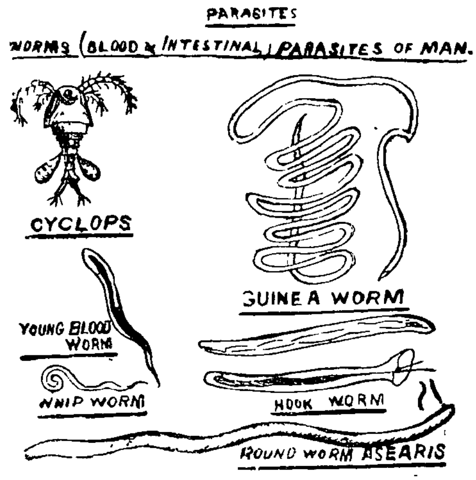
PAIN IN ABDOMEN

BY PROF. R. C. MOTWANI, M.S., F.C.P.S.,
BOMBAY.

As this is a symptom frequently met with in the home, it is good to know its causes and prevention and avoid pitfalls likely to make the patient worse.

1. Common cause is indiscretion in quantity and quality of diet. It is therefore of importance to inquire in this matter before taking steps to treat these by home remedies or otherwise. Usual bazaar-prepared stuff, which is made tasty by pungent and irritating condiments is the root cause. It may be that some food stuffs at home too are either improperly cooked, or wholesome vegetables and cereals are not included on account of cheapness. It may be that food is kept for some hours after cooking before being served, resulting in decomposition. This is specially noticeable, when rice or dal or vegetables are cooked in the morning and taken in the afternoon. Safest treatment in these conditions is to give a mild purgative like Castor-oil and restrict the diet by giving only soda, barley water, glucose or fruit juice.

2. If pain in abdomen is accompanied by fever, it may be due to Malaria, Typhoid, Dysentery or inflammation of internal organs. Under these conditions, the proper thing is to call a doctor. But before he arrives, it should be the aim to safeguard against any wrong step being taken. In Malaria, there is usually shivering. In Typhoid, stools are watery. In Dysenteries passing of motions is accompanied by pain and stools show slime and blood. In inflammatory conditions, pain starts in the area of navel and then gets localised in case of appendix to the right side when there be pain on pressure too. In all these cases, rest in bed is essential. Motion should be passed in a bed pan, so that strain to the patient is avoided and doctor will be in a position to examine the stools and take correct steps in the treatment. Only small quantities of boiled water, soda or fruit juices are to be sipped before the regular treatment by the doctor is undertaken.



Worms also cause pain in the abdomen.

3. In places, where water is not good and contamination of food takes place due to association of domestic animals, one may harbour worms in the belly. In children, in such cases, one notices grinding of teeth. Such children do not get sound sleep, pain is frequent and is not mitigated by proper and wholesome diet. Such patients are usually pale and may

have a muddy look. Due to threadworms, child feels irritation and may be found scratching his parts. Oftentimes, there is irregular fever, and capricious appetite; worms or parts of worms may be seen in the stools; these cases are easily diagnosed by examination of stools under the microscope by a doctor. When cause is understood and known, the treatment in such cases is efficacious and saves a lot of worry and anxiety.

4. Rare cases are due to internal and external obstructions. Such cases are very severe and pain is unbearable and patients may have severe perspirations and their limbs become cold and there are evident signs of collapse or of severe illness. In such cases, no time should be wasted in temporising, but a doctor should be summoned immediately or better still patients should be shifted to a hospital.

MY LADY NICOTINE

— BY DR. L. R. FERNANDEZ, —

Trichinopoly.

Few of those who wooed and embraced My Lady Nicotine, have extricated themselves from her clutches. Smoking is a habit very easily contracted but most difficult to break. Many have enjoyed their smoke several times a day without perceiving any evil effect. Yes, 'without perceiving any evil effect'. But are they always free from any evil effect? Nicotine, the most powerful poison of tobacco may be destroying one or more of the important functions of their body, *e.g.*, the respiratory system, the nervous system, the alimentary system or the generative system.

When smoking cigarettes or cigars or beedis, no matter how minute the quantity of nicotine absorbed by the mucous surfaces at one time, one smokes a vast quantity of tobacco in the course of twelve months in the year and these minute quantities assume large proportions when continued year after year. One must not forget that nicotine is a powerful drug. One drop of it, placed on the tongue of a cat, will suffice to cause death. If you find it difficult to believe me, catch hold of a cat one day and try the experiment yourself. Then you will believe how injurious is this nicotine habit of daily smoking.

The excessive use of tobacco causes a host of symptoms such as palpitation of the heart, irregular beating of the pulse, tremors and twitching of the muscles of the hands and legs, muscular weakness, loss of sleep at night etc. There are great many ailments caused by the continuous use of tobacco. Some are extremely dangerous, while others are annoying. Gastric or stomach disorders are very common among the smokers. Most of them suffer from indigestion. Various throat troubles such as catarrh of the pharynx and the larynx are due to smoking very often. In many cases, I have noticed dimness of vision and amblyopia (a form of blindness) due to nicotine.

No doubt, tobacco has its dreadful effect on the sexual organs. Few people suspect this and they attribute their sexual debility to other causes. Many men who complain of sexual debility in married life are addicted to smoking. I have come across some cases of sexual impotence where, once they gave up the habit of smoking, their potency has returned in a marvellous way. If you find in you, signs of failing sexual capacity, try and stop the use of tobacco in any form for four months, you will note the astonishing result.

Beware of Lady Nicotine. She will slowly poison and kill you if you try to woo her.

The action of tobacco is somewhat similar to that of alcohol, but in a lesser degree. Like alcohol, it stimulates the heart's action, arouses the imagination and intensifies the nervous impulses. This condition is soon followed by a reaction and a period of depression when the influence of the drug wears off. The sexual organs in man are under the control of the nervous system. It must be borne in mind that anything that destroys the balance of the nervous system will upset the normal functioning of the delicately-balanced sexual system.

In fine, let me remind that all those who are addicte dto the habit ofsmoking, snuffing or chewing tobacco run the risk of suffering from its cumulative action, and in the long run, these small doses, added up daily for several years together, are bound to undermine the various organs of their body. So, the earlier you give up the acquaintance of My Lady Nicotine the better it is for your health and longevity.

Tobacco Impairs Digestion and Nutrition

The advice of the tobacco advertisements to "reach for a cigarette" as a help in reducing weight, may seem to be merely a catch phrase, but is, unfortunately, based on a well established physiological fact. Appetite and its consequent secretion of digestive juice are of first importance in good digestion. The effect of the nicotine and other deleterious substances found in tobacco smoke is to benumb the nerves of taste and smell, thus decreasing or destroying the taste reflex and interfering with digestion.

The second effect is to decrease the activity of the salivary digestive ferments, resulting in a decreased ability to digest starch.

The third and most serious effect is its paralyzing influence on not only the secretion and activity of the ferments in the gastric juice but also on the movements of the stomach.

As the hunger sensation is the result of gastric contractions, it is easy to understand why the smoker loses his craving for food, but at what a price!

—*Good Health (U.S.A.)*

DIABETES—ITS PREVENTION AND TREATMENT

By

S. K. GANAPATHI AIYAR, L.M. & S.,

Registered Medical Practitioner, Tinnevelly.

DIABETES is a constitutional disease, in which large quantities of urine containing sugar are passed, and is associated with progressive emaciation, thirst and voracious appetite. It is a disease in which the normal assimilation of carbohydrates of the food taken is impaired, producing an increase of sugar in the blood.

Causes.—(1) Increased consumption of carbohydrate foods, such as sugar, rice, potatoes, plantains, and the various sweets.

(2) Injuries to the nervous system especially of the medulla of the brain or tumours near that region, worry, anxiety, and mental strain.

(3) Disturbances of the internal secretion of the glands such as under-activity of the Islets of Langerhans of the Pancreas or overwork of the Adrenal, Pituitary or Thyroid glands.

(4) Obesity or flabbiness of the body.

(5) Disturbances of the function of the Liver and Kidneys, exhibited by constipation, indigestion and diarrhoea.

(6) Temporary diabetes can also occur in acute fevers, in septic conditions such as carbuncles and by taking some drugs as Chloroform, Ether, Pyramidon etc.

When officers and vakils want to go to their offices early, they hurriedly finish their meals without proper mastication so that the starchy or carbohydrate contents of their food which usually undergo the first stage of their digestion by action of the saliva, is not properly digested. This acts as a predisposing cause; pyorrhoea alveolaris or pus in the gums of the teeth is also another cause.

Symptoms.—Large quantities of urine with high specific gravity are passed. The patient has extreme thirst, voracious appetite and he grows weaker and weaker and he also gets severe pains in the legs. He is also liable to get boils, carbuncles, and sometimes coma or unconsciousness in later stages.

Diagnosis.—Only if sugar is present in the urine and at a higher percentage than normal in the blood, a man can be pronounced to be suffering from diabetes-proper or Diabetes-Mellitus. If a man finds that in the place he has passed urine, ants and flies swarm, he can suspect Diabetes. A man suffering from Diabetes Insipidus also passes large quantities of of urine but the specific gravity is low and there is no sugar. In gonorrhoeal and other inflammatory conditions of the urinary tract, urine is passed frequently but only in small

quantities and does not contain sugar but may contain pus or blood.

In Chronic Kidney disease, known as Chronic Interstitial Nephritis, large quantities of urine of low specific gravity are passed. The urine in this contains a little albumin but no sugar.

• **Prevention.**—As stated before, one of the causes of diabetes is hurriedly taking meals without proper mastication; so, every one must properly masticate his food before swallowing.

When there is pus in the gums, it is being continuously swallowed little by little and the blood becomes impure and the pus settles in some part of the tissues of the body and produces boils and carbuncles. So one should keep his teeth clean. Generally, people are in the habit of eating too much of sugar and sweets. This upsets digestion and liver function and predisposes to passage of sugar in the urine. So, one should consume only moderate quantities of starchy foods, as sugar, rice, etc. Madrasees and Bengalees, who have their staple food as rice, are more prone to the disease than the Punjabees and the people of the United and Central Provinces, who take wheat. The Europeans and Muslims who take more protein foods such as meat, are not so much affected as the high class Hindus. But it must also be stated that the former contract albuminuria. From this, it will be seen

Women, especially of the higher classes, are as much prone to Diabetes as men, on account of over-indulgence in sweets and sugars and gross neglect of physical exercise. Physical exercise in some form or other is therefore absolutely necessary for them. The above picture shows MISS TARA BAI, a student of the Lokamanya Seva Sangh Vyayamshala, Ville Parle, performing Spear Exercises.

that one should take neither too much of starchy foods nor too much of proteid foods. The food taken must, therefore, contain moderate amounts of carbohydrates, proteids, fats and the essential vitamins in the shape of cereals, vegetables, milk and its products and animal foods.

Among the cereals, wheat is the most suited as it is easily relished. Ragi, maize, peas, black-gram are all good foodstuffs. Soyabeans which contain the largest amount of proteins is not relished by many on account of unpleasant flavour.

When one has got diabetes, he should avoid rice, potatoes, plantains, fruits and of course sugar and sweets. He can take such vegetables as brinjals, ladies' fingers, drumsticks (Muringakai), onions and the various pickles. He can also take lime-juice mixed with salt and plently of water. Milk, buttermilk, ghee, meat etc., can be taken.

In families with a predisposition to the disease, the use of starchy foods and especially of sugar should be restricted. In those over 40 years of age, treatment should be given for reduction of any overweight, by proper exercises and suitable dieting. Diabetic patients must take care of their personal hygiene and should lead an even quiet life, if possible, in an equable climate and should avoid cold by wearing warm clothes. The diet must, as far as possible, contain less of carbohydrates and more of protein and fats. Selected vegetables should be freely taken to avoid constipation.

Fasting for one day in a week or a fortnight as is done on Ekadesi days by the Hindus, will help very much in curing the disease. On those fasting days, only plain water should be taken but not cakes and sweets as is usually indulged in by people. The fast can be broken the next day by taking oranges or milk, of course, in undertaking a fast, one's physical condition and ability to endure must be taken into account; if not, it may lead to faintness or heart-failure.

The following diet is good for Indian diabetic patients. — *Early Morning*:—Milk 1½ tumblers or 12 oz. with a chapati made of almond flour and cocoanut. Regi and wheat Chapatis are also good.

Principal meal at Noon:—Wheat diet with dal, green vegetables and a little ghee.

Evening:—The juice of one or two fresh limes mixed with a little salt and plenty of water.

Night meal:—Wheat diet, or oat meal gruel or ragi gruel with milk. Chapatis made of this may also be taken.

Fruits, sugar, potatoes and rice and plantains should be avoided. Saccharin should be used instead of sugar. Boiling of vegetables should be done in three different waters, all the water being removed after each boiling. This reduces the carbohydrates.

Treatment by Drugs.— Instead of coffee and tea, Jambul seeds may be powdered and its infusion mixed with milk taken. Patent medicines can be taken on consultation with a Doctor. Insulin injections are very useful, and suitable tonic should be taken to relieve anaemia and debility.

NUTRITIVE VALUE OF RICE

By A. SREENIVASAN, M.A., D.Sc., A.L.C.

Rice is the staple cereal food of more than half the world and of the vast majority of the population in India and in the East in general. There are several hundreds of varieties already in existence; dozens of new ones are being added each year by the breeder. Improvements in rice culture have been hitherto only along the lines of increasing yield and other qualities that enable the cultivation of a successful crop. Very little attention has been directed towards evolving nutritively superior varieties.

In spite of the bewildering number of rice varieties, the consumer is not often at a loss in choosing his desired quality. It is not always, however, that his choice is also the best from the nutritive point of view. The consumer bases his preference only upon popular impressions gained from general experience. There is no foundation for the frequently expressed opinion that rice, in spite of its extensive use, is a poor article of food, for it is possible, under certain conditions, to enhance greatly the food value of rice as ordinarily consumed.

Rice is essentially a wet crop but there are some dry varieties grown in certain parts of the country and are valued as such. Sir R. McCarrison (1928) showed that they are more nutritious than the wet cultivated rices. More recent work by the writer does not entirely support this view. When the same variety is grown under dry as well as wet conditions, the latter contains greater percentages of protein and mineral matter and promotes better growth in animals. The development of the bran layers is also more in this case (Paddy specialist, Madras—private communication). Irrigated rice is also the more productive, yielding nearly three times as much as the dry crop.

Until a few decades ago, rice was almost entirely hand-pounded. The resulting grain was necessarily somewhat dull-coloured. With the march of pregress from primitive to modern conditions and with the introduction of cheap and more efficient machine-milling, there has been a rapid disappearance of the traditional methods of stone-grinding and hand-hulling with the result that to-day, unpolished rice is a rare article for which a special price has to be paid.

Shelled, unpolished rice undergoes rapid and almost day to day deterioration. The outer coats of the grain contain an enzyme capable of splitting the rice oil. Under the action of moisture and this lipase, the bran is easily decomposed, resulting in the production of free fatty acids and other rancidity changes. Polishing results in the removal of a major part of the rice fat and of the fat-splitting ferment. Hence polished rice has a much better keeping quality. This quality is the one which appeals to the largest section of both producers and consumers. It is in fact the chief reason that militates against the

introduction of any major legislation to check the wholesale replacement of unmilled rice by the milled product.

There is a general impression that unpolished rice is more difficult to digest than the polished rice. While it is true that the bran constituents are comparatively more difficult of digestion, yet the differencc in digestibility between unpolished and polished rice is too small to be of any significance in practice (Sreenivasan and Giri, not published). Unmilled rice is richer than the milled rice and should therefore be eaten in smaller quantities.

Repeated attention bas been drawn to the wasteful processes of washing rice before cooking and of throwing away the water in which the rice is boiled during cooking (McCarrison and Norris, loc. cit., van veen, 1933, 1934; Rudra and Bagchi, 1933 ; and others). Happily, there has been some improvement in regard to the latter, for, in most well-regulated households, only enough water is used to enable the rice to cook to its proper consistency; where a certain excess of water is used, this is frequently fed to cattle and not thrown away. The losses on washing which are even more wasteful (Sreenivasan, et al., loc. cit.) are less well recognized. Washing is perhaps necessitated on account of certain extraneous articles being used as glazing materials to rice. It should be possible to prohibit by proper legislation the use of non-food articles for coating bazar rice so that rice can be cleaned before cooking by some process of dry cleaning.

It has been stated often that wheat is more 'health-sustaining' than rice. If comparisons be made on the basis of identical dietary proportions of the whole grains of either wheat or rice, no evidence can be adduced to justify our placing the one in a higher nutritional category than the other. It is ture that wheat is generally richer in regard to proteins, but rice protein is much more nutritious. Besides, there are certain varieties of rice which compare favourably with wheat in this respect.Further research will perhaps reveal varieties which are nearly as rich as wheat in composition. It is also possible to enhance the nutritive value of rice by suitable systems of manuring and by alterations in food habits. The poor quality of the food as ordinarily eaten is traceable to the choice of wrong varieties and refined conditions such as polishing, washing and cooking, involving considerable losses of nutritive elements. The one feature which distinguishes rice from wheat, and indeed from all other cereals, is that it is primarily consumed in the milled state. It is absolutely essential to do away with this very wasteful process. The League of Nations Inter-Governmental Conference on Rural Hygiene has emphasised that the problem of nutrition throughout the East is intimately connected with the degree of milling to which rice is subjected before being consumed.

As with other cereals, the nutritive importance of rice lies primarily in its fuel value. It has a high calorific value, higher than that of wheat, although, as observed by Wilson (1937), rice, when ready for consumption, is bulkier and contains more water than a quantity of wheat of equal calorific value; the higher water-content of the former may be

advantageous in a tropical climate, there being an increased reservoir of water for evaporation and urine secretion, thus regulating body temperature.

Rice, however, is imperfect in itself as a food and should form part of a good mixed diet. Not only should the necessary supplements be found and taken (c. f. Surie, 1936), but they should also be intelligently incorporated in the food. Present-day rice diets are highly monotonous, practically every course consisting of rice with but little variety or supplements. In addition to finding cheap components that will make the average rice diet a complete food, new methods of cooking them should also be introduced.

There is great need for research in the direction of evolving, by suitable selection and breeding work, nutritively superior varieties of rice and of preserving without deterioration, rice with its nutritionally rich bran layers. The public should also be educated in regard to the use of whole, unmilled rice, especially coloured or coarse varieties known to be rich in essential constituents. Increased use of such rice will greatly improve the present status of the rice diet and will result in better growth and greater improvement in the general health and well-being of a very large section of the population of India.— *The Indian Medical Gazette.*

LIQUOR AND DEMOCRACY

BY GENTRY G. LOWRY.

A DEMOCRATIC form of government is one where the people themselves, through their elected representatives, make and enforce their own laws. Nothing can wreck and break down such a government quicker and more effectually than to weaken the minds and morals of the people by allowing the free use of intoxicating liquor.

Mr. Roger Babson, America's most eminent statistician, one who has had opportunity to study thoroughly the economic and political effects of the liquor traffic on the American people, both before and after the prohibition amendment was repealed, in giving his reason for opposing legalised liquor traffic, says :

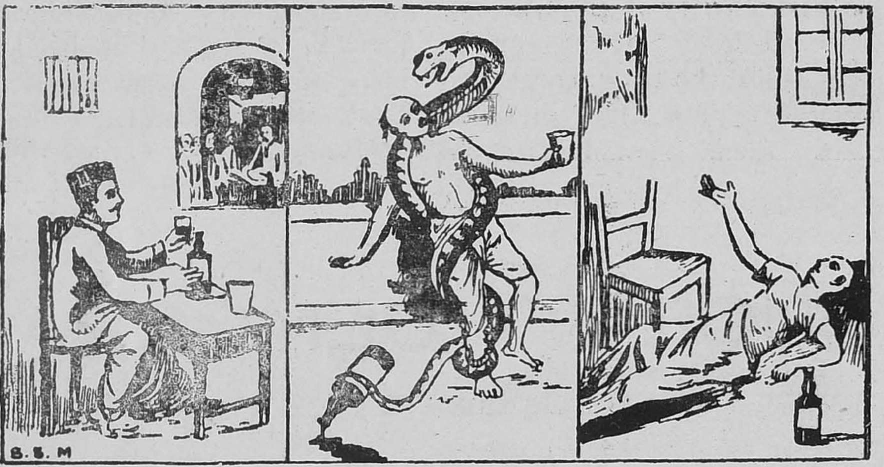
"My reason for now damning, eliminating, and annihilating the liquor traffic is because of its dangers to democracy. It is undermining our entire political structure and destroying our freedom as termites destroy a well built house. After most careful study, I am convinced that only by crushing the liquor traffic can democracy be saved."

If the use of intoxicating liquor will destroy the principles of democracy in a country like America where it has successfully operated for over a hundred and fifty years, what can it not do to hinder our progress and development toward responsible self-government in India where we already have so many other odds against us !

One of the arguments used by those who favour the legalised liquor traffic is that it greatly aids government in raising money through taxation. In doing this, they seem to forget all about the great harm liquor drinking does to the people of the country, especially the youth. They apparently overlook altogether the poverty, degradation, broken homes, the privations and hardships and sufferings that come to innocent women and children as a result of indulging in the use of beverage alcohol.

so wrecked the character of the American working man, that our federal and state governments are now required to pay out more than Rs. 1,500,000,000 a year in relief. This relief expense the country never had before the repeal of prohibition."

So, while it is undoubtedly true that any government will be benefited by increased taxation if the traffic is allowed, they gain nothing in the long run, for they will have to pay out more than they receive in relief or dole, and the increased cost of main-



A drunkard knows not what danger awaits him.

But what about the argument in favour of increased income to government through taxation? Take the United States as an illustration; for they have had both prohibition and ligalised liquor traffic. It is claimed by liquor interests in that country that the federal government is receiving annually Rs. 1,500,000,000 in taxes on the manufacture and sale of intoxicating drinks. That may be true, but again quoting Mr. Roger Babson:

"Let me tell you, however, that they are telling you only half of the story. The other half is that the liquor on which they pay this tax has

taining extra police, court officials, and jails to take care of the extra crime that invariably comes as a result of the use of liquor.

Statistics show that in the United States of America, the real estate values have been declining continually since the repeal of prohibition and the liquor interests have been in the saddle. The opening of a liquor shop in any community almost always hurts the rental value of adjoining property.

Not only this, liquor has had a very large part in causing the 10,000,000 men in the United States to be without work. The same is undoubtedly

true of other countries as well. Statistics demonstrate that in America, of every five families that are fully employed, no liquor will be purchased or used by four of these families. On the other hand, for every five homes on relief, liquor is being purchased by four of these homes.

• Should India not learn a lesson from others who are experimenting with prohibition ? Why should we repeat the same mistakes that others have made and have to reap the same sad and disappointing results ? In some provinces in India, prohibition has already been adopted by law, and other sections of the country are fighting for it. All honour to those in this great country who see the harm and danger that will come to the people by the continued use of intoxicating liquor, and who have the courage of their convictions to speak out and protest against its use.—*Oriental Watchman and Herald of Health.*

• Topics from Medical and Health Periodicals •

Learn a Lesson from Ethiopia

A LESSON on avoiding heatstroke may be taken from a report of the Inspector General of the Italian Army and Navy Medical Services during the Italian-Ethiopian War. This eminent scientist, Sir Aldo Castellani, was responsible for the health of the Italian fighting forces during that war waged by white men in a tropical country.

Heatstroke was expected to play havoc with the troops. During the World War, in the Expeditionary Force in Mesopotamia, in 1917, there were 6,242 cases, with 524 deaths. Heatstroke was almost completely absent among the Italian troops, both in Eritrea and Somaliland, Sir Aldo reported. There was a total of 30 cases with 7 deaths.

Sir Aldo attributed this remarkable record to three precautions : 1. The use of the sun helmet by every soldier. 2. No alcoholic drinks, not even a glass of wine, except after sunset. 3. Whenever possible, marching was avoided, and the troops were transported in motor lorries.

Application to civilians of the principles behind these protective measures is fairly obvious.—*O. W.*

Sewer Gas Poisoning

MANY gases are evolved in sewers owing to decomposing matter, but the most dangerous is sulphuretted hydrogen which is heavier than air and may lie in strong concentration in cesspools or wherever putrefaction of organic matter occurs. In strong concentration, it is a very deadly gas, colourless, with a somewhat sickly, sweet taste and an extremely offensive odour similar to rotten eggs.

A weak dose will cause alarming attacks of headache, dizziness and fainting ; stronger doses cause great irritation of nose, throat and lungs, severe cough and shortness of breath.

In strong concentration the action is very rapid. After a few breaths there is a violent onset of coughing and breathlessness, the patient will stagger about blindly, lose control of the muscles, fall down violently convulsed, and become unconscious.

In mild cases, the symptoms may be delayed.

First aid treatment is immediate removal into fresh air, artificial respiration, warmth, and all tight clothing undone.

The inhalation of ammonia (smelling salts or sal volatile) gives relief to the nose and throat irritation but care must be taken not to give the vapour too strongly.

The mouth, which is usually dry and foul, should be washed out frequently with tepid water. Thirst is often very great but large drinks must not be given. Sips of warm water or tea will give relief to this condition.—*First Aid.*

Harmful Effects of Alcohol Are Not Abolished by Coffee

THE assumption that the drinking of coffee can abolish the harmful effects of alcoholic beverages has been discredited by recent experiments in Germany, the regular Berlin correspondent of *The Journal of the American Medical Association* reported in a recent issue of *Hygeia.*

Professor Dr. Mueller, director of the Institute of Forensic Medicine of Heidelberg University, found no change in the alcoholic content of the blood of persons who drank substantial quantities of beer and then partook of very strong coffee.

Fifteen to thirty minutes after drinking the coffee, the subjects no longer felt fatigued, the gait was steadier, and indistinct speech had disappeared. However, later on they had a pronounced feeling of relaxation and uncertainty, which rendered them unfit for further experimentation. The drinking of coffee produced only brief recovery and if the person was accustomed to coffee, the sobering effect was greatly diminished.

"One can by no means assume the responsibility for permitting drivers of motor vehicles to indulge freely in alcoholic beverages on the assumption that they can be sobered by subsequent drinking of coffee," the Berlin correspondent says.—*O. W.*

Collapse on Hot Days

WHENEVER hot days follow in succession, it is usual to read in newspapers a list of people who have died as the result of the heat and of others who have been prostrated.

Heat prostration or heat exhaustion is a collapse due to the effect of high temperatures on the body, and is most apt to occur when one has undertaken heavy or unusual physical exercise. It is milder in form and less serious in its after-effect than sunstroke, which is usually caused by prolonged exposure to the rays of the sun.

In cases of heat exhaustion, the temperature of the body rarely rises above 103 degrees Fahr., and may be below normal. The skin is cool and covered with a clammy perspiration. Sunstroke, on the other hand, is marked by a very high temperature, flushed face, hot and dry skin, and unconsciousness may be immediate.

In heat prostration remove patient to a cool place, placed flat on back

with head low and a light covering placed over the patient, and administer mild stimulants. In cases of sunstroke, however, an effort should be made to lower the temperature by applying ice packs to head and sponging cold water on the body. Medical assistance should be sent for immediately. On recovery to consciousness drinks of cold water should be given freely.—*First Aid.*

Sleeplessness—How to overcome it?

If Sleep be understood to mean only suspension of consciousness, then it can be said that it is not a vital need, and can be dispensed with. Relaxation of mind and body is the only essential element of sleep. Animals, especially wild ones, do not sleep as we do, but only relax perfectly. Hence sleeplessness is not such a serious evil, as it is thought to be.

Relaxation comes naturally and readily to those, who labour with their hands, as soon as they lie down and stretch their limbs. These people enjoy a high degree of mental health, being almost free from back encumbrance. One who is normal in his eating, and in his work, who is careful always to eat less than he can digest with ease, and who does his work in the right temper of mind,—will never need to woo sleep.

Sleeplessness in its worst form is a mental disease. It is due to a restless temper of the mind. It can be cured by a course of diet and fasting.

A cold foot-bath for about ten minutes followed by warming the legs under a blanket after going to bed, is a good remedy, in ordinary cases of sleeplessness. The water must be very cold and the feet must be in water up to the ankles at the least. The rest of the body may be well wrapped up during the bath.

A mildly warm immersion bath of long duration, for the whole body from the neck downwards, is another way to prepare for sleep.

Walking up and down slowly and mechanically, till somewhat tired, is also a good way.

Abnormal digestive burdens are at the root of mental unrest in most cases. It is therefore a very good rule, to go to bed with the stomach almost or quite empty. If supper be taken, it must be early and light. In the beginning, this may aggravate sleeplessness, or bring out any latent tendency to it. But this ought not to discourage any one. This unpleasant effect will pass away in a few days. When the habit is formed, it will be found that the sleep is more restful and refreshing than before, so that less sleep would be found to suffice.

Dietetic excess is also the chief cause of the necessity for sleep. The more one eats, the more he has to sleep. Abstemiousness in food is therefore one of the surest ways of reducing the evil effects of sleeplessness. Sleepless people must be stricter in their obedience to the laws of dietetic righteousness, than other men.

As explained already, the essential element of sleep is relaxation. Sufferers from sleeplessness have no reason, therefore, to worry about their inability to get sleep. Let them first relax their minds thoroughly and then go to bed, stretch their limbs, and assume a restful posture.

Calmness of the mind, while ceasing

to think over all causes of worry or anxiety, is the highest medicine.

A sleepless man may take advantage of his malady and spend the time in some restful meditation, on the nature of God and the soul, and the true relation between them.

If one sleeps at all in the day, in the afternoon, it should never be far more than one hour, as more than this will lower the vitality.—Extract from '*Pranayama*' thr' *The Indian Naturopath.*

Malnutrition in India

At a meeting held on May 18, under the auspices of the Committee against Malnutrition in the Hall of the Royal Society of Arts, London, the nutritional state of the people of India was discussed. The audience included several distinguished Indian Research Workers and publicists.

Sir Cuthbert Sprawson, who took the chair, indicated that in his experience deficiency diseases had been common in India. It was not at all unusual in Indian jails for the weight of the prisoners to increase, though the calories provided were not liberal; the assumption was that outside jails they had been very ill-nourished.

Dr. Margaret Balfour pointed out that while the food habits of the two countries were dissimilar, their basic food requirements were of course, the same in most respects. The Englishmen had the advantage that, while he could usually fall back on bread and cheese and potatoes when the price of meat was high, the Indian could only reduce his actual amount of food when the cost of his staple food rose. Only those who had worked in India could appreciate the benefits of national health insurance, even if our own system might be open to certain criticisms. It was true that in India there was much charity; but it was quite insufficient to meet the whole problem. The outstanding need in her view was that attention should be given to the needs of the pregnant and lactating women of the country.

Sir John Megaw thought that heredity played a relatively small part in producing the poor physique of the peoples of India; the work on nutrition in India had begun some twenty five years ago through the initiative of Lt. Col. McCay, who had in turn been followed by Sir Robert McCarrison and Dr. W. R. Aykroyd. From their researches it was becoming clear that a diet deficient in quality even more than in quantity was the chief cause of the poor physique and proneness to disease of most Indian peasants. An inquiry carried out eight years ago by the speaker himself had resulted in an analysis of returns from 571 doctors in rural areas; in sum, 40 per cent. of the people under review were well nourished, 40 per cent. were poorly nourished and 20 per cent. very badly nourished. The diets were specially deficient in high grade proteins, fats and vitamins. There was evidence of a considerable incidence of rickets and night-blindness in many parts in India. The problems of child marriage and a rapidly increasing population must be examined when one was trying to analyse the causes of malnourishment in India. He himself believed that England would be as depressed as India if girls of 14 were compelled to undertake the perils and responsibilities of child-bearing. One would not propose that India should adopt our social customs

wholesale; but there was no need to rush from one extreme to another, and we could not be wrong in trying to save the people of India from the hopeless state in which they had neither the strength to engage in a struggle for better conditions of life nor even the aspiration for a higher standard of existence. The remedy lay in education in the planning of life; the material foundations of the better life, he visualized, consisted in employment of scientific methods of production, adoption of an equitable system of distribution of the fruits of labour, and the regulation of reproduction. India was an invalid whose condition demanded a diagnosis by skilled scientists, followed by rational treatment; he had himself often pleaded for an investigation of the problem of health and nutrition in India by a Commission, which should include the best brains to be found in India and Britain.

Dr. Curjel Wilson spoke of the work of the Indian National Nutritional Advisory Committee, which had been recently established. The subjects considered at Delhi last winter had covered a wide range; they had included methods for extension of wheat cultivation investigation on rice, use of red palm oil as source of vitamin A, methods for collecting food production data, and constructive action for improving the supply of milk in cities. Indian women were, in her opinion, beginning to interest themselves strongly in problems of nutrition, and a discussion of the subject was included in the last annual meeting of the All India Women's Conference.

Mr. N. Gangulee Ph. D., formerly Professor of Agriculture at the University of Calcutta criticised Sir John Megaw's theory of the relationship between population trends and prevailing malnutrition in India. Though not himself a medical man, he was aware that medical men should have a knowledge of the effects of soil condition on the nutritive values of foodstuffs. The wheel of health was one; and for its regulation all branches of science must be co-ordinated. The speaker's own investigations had led him to the conclusion that in large areas of India there were only two rice bowels to every three mouths. But was the rice in the two bowels that existed nutritious enough? The highly polished rice in common use was the main cause of beriberi, and in his opinion the State should control the rice milling industry. As early as 1921, the Far Eastern Association of Tropical Medicine had proposed the prohibition of milled rice; but few steps in this direction had as yet been taken.—"*Journal of the Indian Medical Association,*" thr' *Arogya Margam.*

Train During Sleep

For some years, psychologists have been telling us that although during sleep access to the brain through the eyes is closed, the avenue through the ears remains open, and may actually be utilized in training a child in correct habits.

A physician writing to the *British Medical Journal* tells how to cure children of undue rolling and tossing during sleep. The parent should quietly tell the child to keep still, over and over again, perhaps twenty to forty times each night. In two or three nights the habit should be cured. The tone reaches the subconscious mind, but should not be loud enough to waken the sleeper.—*O. W.*

Health Tit-Bits

Spitting on the Road Prohibited

Spitting on the road is prohibited in the City of London. Why not Madras start the reformation in some streets at least ?—*The Indian Hospital.*

* * *

The House-fly and Dysentery

The house-fly is able to propagate dysenteric infection in two ways—firstly by its habit of regurgitation preparatory to feeding ; and secondly by means of its fæces. The latter is probably the more common method.—*Manson.*

* * *

The Onion

The onion, a member of the lily family, originally grew wild in India, but it was the ancient Egyptians who first popularized it. Records show that nine tons of gold were spent in buying onions to feed the workmen who built the Great Pyramid.—*O. W.*

* * *

Excess Fat Shortens Life

It has long been argued that fat persons live shorter lives than other people. Dr. Louis I. Dublin of the Metropolitan Life Insurance Company decided to test this theory on women. At a meeting of Life Insurance Medical Directors in New York, he cited statistics based on 121,248 women's policies and concluded : "The extra weight carried by these women eventually causes premature breakdown of the circulatory system."—*National Health Review.*

Deaths from Snake Poison

It is estimated that one out of every seven persons bitten by a poisonous snake dies of the poison.—*O. W.*

* * *

The Humble Cabbage

Juice of the humble cabbage may replace injections of insulin for the treatment of diabetes, according to a report by two English scientists. The cabbage extract is said to aid the body in using sugar, which is what insulin does when injected into persons suffering from diabetes.—*O. W.*

* * *

Dustbins in Madras Roads

The dust bins on the sides of Madras roads can be well placed on the cemented pavements—instead of keeping them on roadsides causing traffic obstructions. Cement bins in the pavement as in Chintadripet streets will be more clean, cheap, convenient and artistic.—*The Indian Hospital.*

* * *

Mythology. — "One night with Venus. Six months with Mercury."

* * *

Teacher : "Can you give me an example of wasted energy, Bertram?"

Bertram : "Yes, sir. Telling a hair-raising story to a bald-headed man."

* * *

Definition of a baby : an alimentary canal, with a loud noise at one end and a total lack of responsibility at the other."